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Our ego, and its accompanying sense of nagging self-doubt as we work to be bigger, better, smarter, and more in control, is one affliction we all share.

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In The Trauma of Everyday Life renowned psychiatrist and author of Thoughts Without a Thinker Mark Epstein uncovers the transformational potential of trauma, revealing how it can be used for the mind s own development.

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The Trauma of Everyday Life Psych Central

In The Trauma of Everyday Life, Mark Epstein begins by saying that "trauma is an indivisible part of human existence. It takes many forms but spares no one." For the fist ten years of his practice

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